



# Just Dance & Fitness Studio Weekly Schedule

Effective 11/1/18

Just Dance & Fitness Studio  
1060 E. Industrial Dr, Ste. T  
Orange City, Fl. 32763  
386-473-5008

Check our website for weekly updates and changes: [justdance4fitness.com](http://justdance4fitness.com) or like us on Facebook

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30 am Yoga Slow Flow	5:30 am STRONG by Zumba®	6:30 pm Cardio Boxing	5:30 am STRONG by Zumba®	6:00 pm Family Yoga	5:30 am Barre above®	8:00 am STRONG by Zumba®
	6:00 pm Barre above®	7:30 pm Zumba®	6:30 pm Zumba® Toning	7:00 pm STRONG by Zumba®		9:00 am Zumba®
	7:00 pm Zumba®	8:15 pm Hip-Hop Groove and House Dance	7:30 pm Zumba®			

**SPECIAL EVENTS** Friday  
11/9/18 7:00 pm  
Zumba® Toning Master  
Class with Zumba  
Education Specialist  
Madeline Aponte

**NOVEMBER CONTEST**  
Win a free entry to Zumba® Toning Master  
Class



<b>Class Prices:</b>	<b>Specialty Dance Classes \$10</b>	<b>Memberships (no-contracts):</b>
Walk-in Class \$5	\$50 for the 6 week series	Monthly \$40
Yoga \$5	Zumba® Toning Master Class 11/9/18 \$15	Monthly Auto-Deduct \$35
Family Yoga \$8 pp/ \$12 Family	(\$10 JDFS Members)	360 Body Burn \$75

**Zumba® Fitness** Jennie & Tracy  
\*Cardio Dance Party  
\*No training needed  
\*Salsa, Merengue, House

**Barre above®** Jennie 45 min  
Pilates, Yoga, and Dance Inspired  
No Dance Training Needed  
What you will need: water, towel, Yoga mat

**Family Yoga** Ms. Eileen  
\*Children over the age of 5  
\*Yoga games and poses  
\*Set to fun and interactive music

**STRONG by Zumba®** Jennie & Tracy  
\*High Intensity Interval Training  
What to bring: water, towel, yoga mat

**Cardio Boxing with Jeff** 60 min  
\*Targets Your Abs Arms & Glutes  
\*Total Body Conditioning . Increase Stamina and Strength  
\*Complete Cardiovascular and Edurance workout  
What you will need: Water, Towel, Boxing Gloves

**Yoga Slow Flow** Cayla  
\*Slow Yoga Movements  
\*Beginner to intermediate level  
\*Relaxation and Stretching  
What to bring: Water Towel, Yoga Mat

**Zumba® Toning** Jennie & Tracy  
\*Cardio Dance Party  
\*No training needed  
\*Salsa Merenge, House  
\*Toning weights 1 lb to 2.5 lbs

**Specialty Dance Classes** Orlando Dance Fit  
Hip Hop Grooves and House Dance  
\*Focus on Hip Hop Fitness and Cardio Dance  
\*No Training Needed Bring: Water and Towel

**360 Body Burn 28 Day Challenge**  
\*One-on-one Health Coaching  
\*Customized Fitness and Nutrition  
\*All Classes Included